



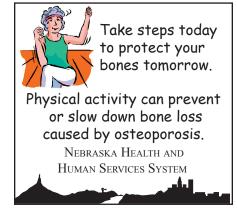
You can slow down or stop bone loss caused by osteoporosis?



- Get regular physical activity- walk, climb stairs, dance or do vigorous yard work.
- Know your family history.
- Increase your calcium intake drink milk.
- Don't smoke or use alcohol in excess.

Nebraska Health and Human Services System





Did you know ...

Increasing your calcium intake can slow down or prevent bone loss caused by osteoporosis.

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